

# Woman's Food Package - Fully Breastfeeding



**Cereal - 36 ounces**



**Eggs - 2 dozen  
(medium or large)**



**Juice - 3 containers  
(frozen or concentrate)**

At the Store - Pick 2



**Peanut Butter: 16- 18 oz jar**  
**Dried Beans: 1 lb**  
**Canned Beans: 4 cans**

At the Store - Pick 1



**100% Whole Wheat Bread: 1 lb loaf**  
**Brown Rice: (14-16 oz bag or box)**  
**Whole Wheat or Corn Tortillas: 16 oz**



**Tuna or Salmon  
- 30 ounces**



**Fruits & Vegetables  
\$10 check**

**Milk - 6 gallons &  
Cheese - 1 lb  
Evaporated Milk - 1 can**



EF1

OR

**Milk - 5 gallons &  
Cheese - 2 lb  
Evaporated Milk - 2 cans**



EF2